

## APPENDIX B

# Semistructured Control-Based Interview

**I**N CHAPTERS 9 through 13 we illustrated client responses to questions from our semistructured interview. Appendix B presents those questions in one place.

### DESIRE FOR CONTROL

1. Is there currently an area of your life where you would like to gain greater control?

### MOTIVATION

1. In order of importance, what are the most important reasons for your wanting to gain greater control in this area?
2. In what ways does this control issue negatively impact your life (i.e., what happens if no change is made)?
3. How strongly motivated do you feel you are to gain increased control in this area? Let's imagine a 4-point scale with 4=*very much*, 3=*somewhat*, 2=*a little*, and 1=*not at all*.
4. On the same scale, how motivated do you feel you are to learn and regularly practice self-control strategies?

### POSSIBLE RESISTANCES

1. What might be the possible *negative consequences* if you do *succeed* in changing?

2. What are the difficult times you see ahead if you decide to gain greater control in this area?
3. What are the potential problems or stumbling blocks you can foresee in trying to develop greater control?
4. What excuses might you give to sabotage your own efforts to change (i.e., ways you keep yourself from succeeding)?

### RIGHT AND RESPONSIBILITY FOR CONTROL

1. In your area of desired control, what aspects of it can you be (or are you) responsible for?
2. What aspects of this area are outside your control and you are therefore not responsible for?
3. Do you believe you can be responsible for your reactions to the aspects that are out of your control?
4. In general, do you have difficulty accepting responsibility?
5. What messages did you receive as you were growing up about your right to control?

### SELF-EFFICACY

How confident are you of your right and ability to exercise positive control? Answer using a 4-point scale: strongly believe, 4; somewhat believe, 3; somewhat disbelieve, 2; strongly disbelieve, 1.

1. In general do you believe you have the ability to control your thoughts?
2. In general do you believe you have the ability to control your feelings?
3. In general do you believe you have the ability to express your wants and needs?
4. In general do you believe you have the ability to control your behavior?
5. In general do you believe there are skills that can be learned which would enable you to increase your control of thoughts (question is then repeated for feelings, behaviors, expressing wants/needs).

After these questions, the Intention to Change Form (Figure 11.2) can be given to clients, as well as the Freedom Reflex Scale (Figure 11.4).